

How Likely Are You to Develop Dementia?

Dementia Awareness Month

Is there a certainty?

No one can say for certain whether they will develop dementia. Age and genetics play a part, but research shows that a significant share of risk comes from factors we can influence. Even so, modifiable factors account for only up to 45% of cases, which is where early diagnosis and intervention come in.



[Read more](#)

What are the risk factors and can dementia be prevented?

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In India, diabetes and hypertension are common and often under-managed. Elders in nuclear households can also face more isolation than before. Dementia cannot be guaranteed to be prevented, but risk can be reduced.

Our CEO and Co-founder, Ms Neha Sinha, shared her thoughts on this in the Hindustan Times.



[Read the article here](#)

How We Determine Care at Epoch?



- **Medical assessment.** Before anyone joins our homes, we assess their diagnosis and health history.
- **Personalised care plan.** Each resident has a detailed plan built around their individual needs.
- **Ongoing review.** Care plans are updated as needs change. These are called a continuing model of care

[Read the article here](#)

Quick Quiz: Myth or Fact?

MYTH OR FACT?

“Forgetting a name now and then means dementia is starting.”

✓ MYTH

FACT

Myth. Occasional forgetfulness is normal. Persistent changes are worth raising with a doctor.

[Click here to read more](#)

MYTH OR FACT?

“Hearing loss has nothing to do with the brain.”

✓ MYTH

FACT

Myth. Untreated hearing loss is linked to higher dementia risk.

[Click here to read more](#)

One Step This Week

Book a blood pressure and sugar check, schedule a hearing test, or call someone you haven't spoken to in a while. Small steps, taken early, are the strongest prevention we have.

[Call Us](#)

[Visit our website](#)

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Palliative care or end-of-life care at Epoch focuses on making your loved ones feel as comfortable as possible, with pharmacological and non-pharmacological interventions, wherever necessary.

To know more about our palliative care program at Epoch: [Click here](#)

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